

## **Plan A Safe Strategy (P.A.S.S.) Program**

### **Brief Program Description**

The Plan A Safe Strategy (P.A.S.S.) Program is an education program designed to weaken students' intentions to drink and drive or to be the passenger of a driver who has been drinking. PASS is also designed to strengthen the participant's intentions to use alternative strategies and to pre-plan in order to avoid these situations. The program proceeds on the assumption that the intention to perform or not perform an act is the strongest predictor of future action. The outcome goal was to reduce students' later involvement in drinking and driving related situations.

An experimental design was utilized with 20 randomly assigned schools in the treatment category and 21 schools in the control group category. In addition to an evaluation of the immediate impact of the program which was performed as a pre-post test of control and treatment group students, a follow up pre-post test was performed three years after the program was implemented.

### **Program Strategies**

The PASS program included twelve lessons which were concerned with modifying students' attitudes toward drinking and driving behaviors; their beliefs about the outcomes of drinking and driving; their subjective norms or beliefs about other's attitudes toward these behaviors and increasing their perceived control over their own behavior in drinking and driving and passenger situations by training them to use alternatives. Extensive use was made of role play and interactive activities.

### **Population Focus/Suitable Settings**

PASS served tenth grade students in rural and urban areas of Queensland, Australia.

### **Required Resources**

Information is not provided on what the PASS Package contains.

### **Implementation Timeline**

All teachers involved in PASS were given in-service training by trained regional alcohol and drug educators prior to teaching the 12 PASS lessons. A separate educational video was used by principals, parents, and school support groups.

## **Outcomes**

### *Evaluation of the short-term evaluation (1988) revealed*

There were strong trends in the desired direction in reduced drinking and driving and passenger behaviors. Attitudes toward drinking and driving and being a passenger in drinking and driving situations and myths about safety in these situations changed significantly in the desired direction. Students from the intervention group were also significantly more likely to be prepared to use alternatives in target situations. Intervention students were significantly more likely to intend to avoid these situations.

### *Evaluation of the three year follow up study (1991) yielded these results:*

#### **Drinking and Driving Behavior**

- Approximately the same percentage of intervention students and control students reported drinking and driving in the past month.
- Approximately the same percentage of control and experimental group students who did not report drinking and driving in 1988, reported drinking and driving in this follow up study.
- More than twice as many control group students who reported drinking and driving in 1988, also reported the behavior during this follow-up study, as compared to treatment group students.

#### **Passenger Behavior**

- Both the control group and the treatment group dramatically decreased the incidence of being a passenger in a drinking and driving situation compared to what was reported in 1988. The rate for the intervention group decreased more than that of the control group.
- More control group students than intervention students who had not been a passenger in 1988, reported being a passenger during this follow-up study.
- More control group students than intervention students who had been a passenger in 1988, also reported being a passenger during this followup study.

#### **Use of Alternative Strategies**

- There was no significant effect in the use of alternative strategies between the groups.

## **Contact Information**

For indepth information on this program, please use the contact listed below.

### **Program Developer**

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